

Des Moines Area Community College

Open SPACE @ DMACC

The Bear Essentials

College Publications

6-25-2020

The Bear Essentials, Edition 14

DMACC Student Life

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THE BEAR ESSENTIALS

Weekly Newsletter from DMACC Student Life

DMACC Foundation Fall Scholarship Application Deadline: June 30



Students, don't miss out! Visit the Foundation's Scholarship Opportunities homepage, where you can search and view scholarships, award amounts and available opportunities in one convenient location at <https://dmacc.academicworks.com/>

DMACC ANKENY THEATRE NEWS...



The **DMACC Ankeny Theatre** announced its summer 2020 production: A world premiere of the radio play "**Willy Beau Dilly**" by Jayme McGhan. "Willy Beau Dilly" will be released in four parts as an audio-only experience under the direction of Carl Lindberg.

With charming characters and an intricately woven plot, the play addresses class, culture and love with a humorous touch, and listeners will enjoy following along with the play's unlikely hero as he simply tries to do the right thing in the disparate economic climate of the 1890s Midwest. Release dates will be announced soon.



AUDITION INFO :

Auditions for "Willy Beau Dilly" will be held in 15-minute time slots from **Noon to 3 p.m.** on both **Wed., July 1st, and Thur., July 2nd.** Students from every DMACC campus are encouraged to try out as all rehearsals will be held remotely. For more info and to schedule an audition email theatre@dmacc.edu or visit www.dmacc.edu/theatre/ankeny

IN THE NEWS:

DMACC Urban Latino Club student members worked together to sew, package and distribute 100 free face masks at El Valle Tienda Mexicana and El Palomino, two prominent Latino-owned businesses in Des Moines.



SUMMER GRADUATION APPLICATION

If you plan to complete your DMACC degree, diploma or certificate requirements in Summer 2020, don't forget to submit the required Online Graduation Application by **July 1st!**

The application can be found at www.dmacc.edu/graduation.



Discount Tickets

ADVENTURELAND 
Amusement Park

Adult (10 yrs. & older) - \$38 - Reg. \$48

Children (4-9) - \$38 - Reg. \$43

To purchase your tickets go to the following website:

www.adventurelandresort.com/corp

1. Create an Adventureland account with you DMACC email address as your user name
2. Once this is done, you will be routed to the online discounted ticketing website to complete your purchase
3. Print your tickets and go have some FUN!

Fitness Tips From



The 7 Rules of an Effective Workout

1. Variety, Variety, Variety
2. Do an Activity You Love
3. Start with 1 Day a Week
4. Walk Everywhere
5. Prioritize the Mind and the Body will Follow
6. Good Form is a MUST
7. Make Every Workout an Experience